

EVERYBODY CALLED HER "HAPPY"—WARM WEATHER RECIPES—A CHARMING HAT—CYNTHIA

MRS. WILSON GIVES COLD SUPPER DISHES THAT ARE TEMPTING NOW

These Warm Evenings Cold Spiced Tongue or Delicately Seasoned Cold Meat Loaf Appeals—Learn How to Prepare Them Here—Three Menus That Will Interest You and Other Recipes That Help to Follow Them

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

HOT evenings make most folk long for attractive dishes that can be served cold. Nature is a faithful teacher to those of us who are willing to study her at this season of the year. She urges us to curtail our meats and use abundantly of fresh vegetables and fruits. When you require meat, use the light meats; their delicate proteins are easy to assimilate.

This season is particularly favorable for all kinds of fresh fish. Fish does not, with a few exceptions, contain a large amount of oil.

When you decide to have the main part of the meal cold it is wise to start with a plate of soup or bouillon to stimulate the digestive organs. Tomato, various cream soups and bouillons are desirable for this.

Here are a few suggested suppers to replace the hot dinner:

- Clear Tomato Soup
Young Onions Salted Nuts
Cold Sliced Spiced Tongue
Baked Tomatoes
Lettuce Russian Dressing
Gelatin Iced Tea

- Cream of Asparagus
Sliced Onions
Cold Sliced Meat Loaf
Potato Salad
Fruit Cake Iced Cocoa

- Swiss Bouillon
Cold Sliced Spiced Beef
Tomato Salad
Coleslaw
Fruit Turnovers Iced Coffee

- Cold Spiced Tongue
Select a medium-sized tongue without the gullet and wash well, then soak for four hours in warm water. Place in a deep saucpan and cover with warm water and add

- One carrot, cut in dice.
Two onions, sliced.
One fagot of soup herbs.
Two bay leaves.
Two allspice.
Four cloves.
One cup of strong cider vinegar.

- Cover closely and bring to a boil; then simmer and keep just below the boiling point for three hours. Let cool in the liquid and then, when cold, chill in the icebox before slicing.

The coarse left-over parts of the tongue may be used for meat loaf, croquettes or hash. It will be a real economy for the housewife to pur-

chase one-half dozen cans of soup. This will eliminate the heat from the kitchen.

Meat Loaf
Left-over meat, such as boiled, stewed or cold roast beef, tongue, ham, veal or chicken, may be used for this dish. To make the loaf successfully you will require one-half cup of well-washed rice, cooked in two and one-half cups of boiling water until soft and the water is absorbed. Cool and then rub it through a sieve. Grate three medium-sized onions; chop very fine.

- Three red peppers.
Two cups of finely chopped meat.
One-half cup of finely chopped pork.
One tablespoon of salt.
One and one-half teaspoons of paprika.
One tablespoon of Worcestershire sauce.
Three-quarters cup of bread crumbs.

Mix well and then put the whole mixture through the meat chopper, using the nut butterknife. Return to the mixing bowl and add

- Two eggs.
One-half cup of milk.

Pack into a well-greased and floured loaf-shaped pan and pat the top smooth. Place this pan in a larger one containing hot water. Bake in a hot oven for fifty minutes. Cool, then chill and serve.

This loaf will keep three or four days. Serve cold and then make into croquettes and cutlets. Or use it as a filling between sandwiches.

Vegetarian Dishes
Many folk dislike meat during the warm weather, preferring dishes made with peas, beans, fish, cheese and milk and plenty of fresh fruits and vegetables. Appetizing menus will almost make folk forget the warm weather.

- Stuffed Olives Tomato Appetizer
Cucumber Cutlets Egg Sauce
Steamed Squash String Beans
Onion Salad

- Cup Custard Iced Tea
Radishes Colelaw
Eggplant Croquettes
Peas Corn
Lettuce
Raspberries Iced Coffee

- Watercress Young Onions
Macaroni Cutlets Tomato Sauce
String Beans Corn
Cucumber Salad

Stewed Blackberries
Cake Iced Tea

Cucumber Cutlets
Pare the cucumber and cut into long slices about one-half inch thick. Sprinkle with salt for one hour and then wash, wipe dry and dip in flour, then into beaten egg and fine crumbs. Fry until golden brown in hot fat. Place in a hot oven for five minutes to finish cooking.

- Egg Sauce
Three-quarters cup of cream sauce.
Two well-beaten eggs.
One teaspoon of salt.
One-half teaspoon of paprika.
Two tablespoons of butter.

Beat until hot and then add two tablespoons of finely minced parsley and serve.

Onion Salad
Cut three white onions in slices and then parboil. Drain and chill. Prepare the lettuce and then lay the onions and two hard-boiled eggs, cut in quarters, on it. Serve with mayonnaise dressing.

Eggplant Croquettes
Pare the eggplant and then cut in slices and cover with boiling water. Cook until tender and then drain well. Wash and place in a bowl and add

- One medium-sized onion grated.
Two green peppers chopped fine.
One well-beaten egg.
One-half cup of fine crumbs.
Two teaspoons of salt.
One teaspoon of paprika.

Mold into croquettes and then dip in flour, then in beaten egg and roll in fine crumbs. Fry in hot fat. Serve with cream sauce.

Macaroni Cutlets
Cook one-quarter pound of macaroni in boiling water for twenty minutes and then drain. Cool and chop fine. Place in a bowl and add

- One-half cup of grated cheese.
Two tablespoons of grated onion.
One tablespoon of finely minced parsley.
Two teaspoons of salt.
One teaspoon of paprika.
One well-beaten egg.

Mix thoroughly and then mold into croquettes. Roll in flour and then dip in beaten egg. Roll in fine crumbs and fry in hot fat. Place in a hot oven for ten minutes to finish cooking. These menus contain sufficient food values for the sedentary worker and they will supply the body with much of the needed vitamins that are found abundantly in the vegetable kingdom.

IN ROSE-PINK STRAW



A hat that is as charming as the loveliest day in summer! It is rose-pink straw and the wreath is of pink and blue flowers and purple grapes. French blue grosgrain ribbon adds a finishing touch

Please Tell Me What to Do

By CYNTHIA

The Soldier Who Forgot
Dear Cynthia—Being a steady reader of your Keeping Up Hope Club and always reading different letters I thought I would take a chance and write a little note to H. D. C. Well, my dear man, I noticed you stated that it's hard to get a girl like me was. But take a tip from one who knows, it's as hard to get a sweet-heart of mine happy while I who devoted all my time to trying to make a soldier's life as happy as possible in camp overseas. Keep him well supplied with all good things to eat, also smokes in camp. Well, at last the day and only day came when he returned from overseas, after eleven months there and ten months at camp. I settled him before he enlisted and then he told me of his good intentions and I promised to marry this hero of mine. It is three years since we met now. Then I was only twenty; of course now being three years older I wanted to settle down and begin along in business as I knew it was so hard for a boy to make good after being away so long.

Well, to make a long story short, I am like Happy was. He surely turned out to be a cad, not a hero. Because he came back safe and sound he does not know me any longer. He happens to be from New York and I suppose saw some one who he thought looked better to him and when he started to act shabby I gave him his walking papers and told him I'd get a man who knows a good girl when he gets one, for I want you to understand, H. D. C., I am a considered good looking among my friends, am a girl who can cook as good as any fellow's ma can, and besides make all my own clothes, try to look like a million dollars' worth on one dollar's worth.

Still, all in all I have a big smile even if my heart weeps. Now, what do you say to this? Does it pay to be as you have stated and as I am? Look at the luck one like myself has, wasted three years on a man who proved to be nothing at all. Let me tell you that you men are a mystery that no woman can solve. Dear Cynthia, am I right at that?

You are right, Juanita, to have "the big smile" even if your heart weeps, because hearts can't weep long when girls are brave like you are. Don't you care, Juanita, twenty-three is very young and three years of "wasted" time is better than a lifetime of misery with a man who sooner or later would show his true colors.

Kissing When She Says No
Dear Cynthia—Why do the boys like to kiss a girl against her own will as asked by F. V. A. Well, I am past that age but I have been "through the mill," so I know what it is. To begin at the beginning I might explain why people like to kiss at all. This is my theory: It's just human nature!

However, I don't see why boys should like to kiss girls against their own will unless they want to tease them or else they think the girls just protest so as not to appear too anxious. In my opinion, though, a boy or man who knowingly kisses a lady against her will is a coward. In conclusion I wish to ask to become a member of the Keeping Up Hope Club founded by Lieutenant B. OLD TIMER.

Welcome to a newcomer, and that is about what you meant, wasn't it?

Adventures With a Purse

IT WAS Nan who told me about the powder boxes. "You really should write about them," she said. "Mine's the greatest comfort. I slip it into the pocket of a summer dress, or tuck it in my purse, and it takes up such a little space." I find myself slightly puzzled when I come to describe it, but I know that if I can really make you see it you will want one. It is metal, round and quite flat. There—I have it—it's the size and shape of a butter thin cracker—and it's not very much thicker. The lid unscrews, and in it you find a good, clear mirror. The bottom of the box, into which fits a big flat puff, opens and closes like the top of a powder can. This keeps the powder secure when you don't need it, and enables you to sprinkle it on the puff when your nose is shiny. Of course, it is an attractively colored box, and, of course, it has tiny little flowers painted on it. The price is seventy-five cents, plus tax.

I tell of canoe pins—clear-cut and uncommonly attractive. The head is well formed, with finely chiseled features, against a background of pale pink. The surrounding band is solid in some, with a delicately traced design, while others have cunningly cut bands, and still others have lines of tiny pearls. For exceptional value you would go far to find their equal, for they are priced at fifty cents.

Why, when it is made in the newest work-saving freezers, of course. As the circus man says, "You put it in and you take it out. No turning, no work." The ice cream ingredients are made in the usual way, and then you put them in the freezer, clap on the lid, and forget about it. In half an hour, peering anxiously into the can, behold you have really, truly ice cream. For carrying to picnics or taking along on a motor trip, a freezer of this sort is unexcelled. Now, I do not profess to be technical. I cannot tell you the why and wherefore of this magic freezer. This only I know—one filling of ice will freeze two fillings of cream—and the ice cream can be kept eight hours. The rest you must find out for yourself.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, Evening Public Ledger, or phone to the Woman's Department, Walnut 3000.

JUST TELL HER I TOLD YOU TO ASK FOR HAPPY

"She'll Know"—Even Her Husband Calls Her That—What Corking Good Sports Are Women Who Never Get Out of Sorts

IT WAS on the street car, and the night was excessively warm; too warm to do anything but try to perk up some interest in your neighbor's conversation. That's a perfectly good excuse for overhearing conversation, isn't it?

"Everybody calls her 'Happy,'" the first man was saying. "Her husband calls her Happy. We always called her that at the office and now they say her husband calls it to her and so do all her friends. Never saw her cross or out of sorts in my life. Always with a smile on her face. You tell her I told you to ask for 'Happy.' She'll know."

As the street car crawled on through the busy nighttime street where the men and women sat out on the pavement and called out to wrangling children, the thought could not help come. Between you and me and the lampost, don't you think it must be awfully hard to be always happy? And don't you think we owe a great deal to the person who leaves the ill temper of life in this way?

SURELY it is not given to any human being to be absolutely impervious to disappointment, ill health, changes in the weather or any of the thousand little things that creep into our daily lives and try their best to steer them away from the course we planned. That would be too much. No, it must be that the person who always appears to be happier than the rest of us is simply stronger than the rest of us; spiritually stronger and, to put it plainly, a better sport in playing the game of life. There are some who claim the always happy person is tiresome. And

It is one of the queer little minor paradoxes of life that the very person who makes the complaint is the first one to say "what under the sun is her?" when the never-out-of-sorts woman happens on rare occasions to act otherwise. The always happy person must not be confused with her sister, who goes about with the firm, fixed and jolly little idea that her mission on earth is to spread sunshine, to ram it down her neighbor's throat if she can't get it down any other way. The true ray of sunshine does not have to wear labels. Neither does it try to cut dents in the shade. It simply shines, and those who sit in the shade are happier for the watching.



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Mrs. Wilson Answers Queries

My dear Mrs. Wilson—Will you kindly print a recipe for creamy salad dressing and also a boiled dressing?

A CONSTANT READER.

Boiled Dressing
Add one-half cup cream to one cup mayonnaise for creamy dressing. Place in a saucpan

Three-quarters cup of water.
One-half cup of cider vinegar.
Four tablespoons of cornstarch.

Stir until the starch is dissolved and then bring to a boil and cook for five minutes. Add one well-beaten egg and beat hard to blend. Remove from the fire and then place in a small bowl

- One teaspoon of mustard.
One teaspoon of salt.
One-half teaspoon of paprika.
Two teaspoons of sugar.
Eight tablespoons of salad oil.

Mix smooth and then add to the vinegar and water mixture. Beat hard to blend. Reduce to the desired consistency with sour cream or vinegar. This dressing will keep in a cool place for three weeks.

My dear Mrs. Wilson—Will you kindly instruct me how to make the best pie dough? Mrs. W. M.

See reply to L. S., a lesson on pastry making which will appear soon

My dear Mrs. Wilson—Having been a reader of the paper, I would like if you would kindly give me the recipe for making layers for any kind of layer cake, and kindly give the recipe for chocolate cornstarch filling? Mrs. C. E. N.

Layer Cake
Place in a mixing bowl

- Three-quarters cup of sugar.
Yolks of two eggs.
Cream and then add
Four tablespoons of shortening.
Two cups of flour.
Four level teaspoons of baking powder.

Three-quarters cup of milk. Beat to mix and then cut and fold in the stiffly beaten whites of two eggs. Bake in layer cake pans twenty minutes in a moderate oven.

Chocolate Filling
Place in a saucpan

- One-half cup of water.
One-half cup of sirup.
Two tablespoons of cornstarch.
Three tablespoons of cocoa.

Stir until starch is dissolved and then bring to a boil and cook for five minutes. Cool and then use.

THE ORCHID FROCKS ARE SMARTEST



This daintiest and most graceful of frocks is in orchid organdie and the hat is orchid-colored taffeta

A Daily Fashion Talk by Florence Rose
IT IS quite remarkable how narrow minded the warm weather makes us all. One may be ever so energetic when the air is brisk, but with the first extremely hot wave, unconsciously there is a letting down and a desire to "take it easy." At any rate we are all selfish when it is hot, if we are at no other time of the year. Then, too, it makes a violent change in the fashions, which seems to be even more marked this year than ever before. Aside from the fact that the women have had every reason to turn from the somber colors to the brighter hues, they have persistently clung to the drab. Here and there, of course, there has been a woman who took to colorful things, but the majority have been quite content to use color only in their hats.

ferent color scheme from that which we had known for so many months. Not only were the frocks and hats light colored but the footwear, too, changed to the cool boots of white.

No one could possibly think up a cooler or lovelier dress than the one shown today, and while this might well be classed as a plain frock, it is nevertheless a very smart one, and could be worn to formal afternoon affairs or informal evening functions. This dress is made of orchid shade or organdie, and except for the rows of tucks which enhance the sleeve, bodice and again the entire lower part of the skirt, it is untrimmed. The collar is a soft fold of the organdie, which slips through the giraffe, is made in loops and forms sash ends at either side of the front. The large hat worn with this dress is of orchid-colored taffeta, and is trimmed with an ostrich of the same color at the right of the crown.

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Miss Rose Will Help You
with your summer clothes. Perhaps you are wondering just what color in vogue now will be most suitable for you. Or perhaps it is the present-day styles that perplex you. Miss Rose will be glad to give you the benefit of her advice. Address Miss Rose, woman's page, EVENING PUBLIC LEDGER. Send a self-addressed stamped envelope for personal reply, as none of the answers will be printed.

Foulard Is Cool

There is something about foulard which is particularly appealing in the warm weather; not only is it pleasant to look on, but it is particularly cool to wear. Blue grounds with white broken check designs are a new departure. Curiously enough these dresses are frequently made up in old-world styles decorated with Marie Antoinette and other fchus of lace and lawn. Another conceit is for the skirt to be simply gathered on to a band, topped with a cross-over bodice. The bodice is often finished with sash ends so that it may be wound round the figure and tied in an obi or other bow at the back or sides.

Furs: Our expert furriers will give your garments personal attention: remodeling, repairing, cleaning, glazing—enriching, beautifying, insuring more style and greater service. Work done now a third below regular. "Pay the Cost in the Fall" Mawson & DeMany 1215 Chestnut Street

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PIEDMONT Piedmont Peanut Oil —is rich in body-building and food values. To Saratoga chips and French-fried potatoes it imparts a delicate nut flavor more delicious and distinctive than anything you have ever tasted. Ask for PIEDMONT—The food oil with the nut flavor PEANUT OIL

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